

Connected People, Stronger Communities

AUGUST 2026 NEWSLETTER

HORNSBY KU-RING-GAI
**COMMUNITY
TRANSPORT**
TAKING YOU TO THE WORLD
4351 0671



We Love What We Do

Every trip tells a story: whether we're taking you to an important medical appointment, helping you enjoy a day out with friends, or simply making your weekly shopping easier, our transport is about much more than kilometres travelled.

Each of our drivers, volunteers and office team are passionate about every journey being welcoming, safe and enjoyable. We are privileged to meet incredible

people and thank you for allowing us to be part of your lives. Your smiles, conversations and kind words remind us why community transport is so important.

With the new **Support at Home program** underway, there has been plenty of discussion about how aged care services will evolve. One thing is unchanged: **you choose who provides your transport services.**

Eligible for transport through Support at Home? You can nominate someone that understands your local community and values your patronage more than just getting you from A to B.

Community transport helps people stay connected, maintain independence, and keep doing what matters. If you have questions about your transport options within a Support at Home Package or would like assistance understanding your choices, our friendly team is only a phone call away. We can work with your chosen package provider to **provide the transport you need: 02 4351 0671.**

In a retirement village or know someone who is?

We're visiting villages and independent living communities to explain our services, including eligibility and funding options, social outings and group activities, Support at Home program changes, and how to register and book transport with us.

Please call Bianca to arrange our visit: 02 4351 0671.

SATURDAY 1 AUGUST

Hawkesbury Sightseeing Express



The Riverboat Postman is a favourite of HKCT clients! Enjoy tea, coffee and pastries on this 75min sightseeing cruise on our beautiful Hawkesbury River. Following the cruise walk a short way for lunch at the King Tide Café (your choice and cost). **Book and pay by 24th July. No refunds. Saturday cancellations must phone 0473 478 890.**



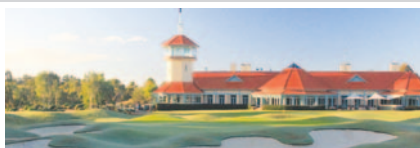
Home pickups

\$60 per person • \$115 per couple

Transport + cruise included

TUESDAY 4 AUGUST

Terrey Hills Golf Club Lunch



Please select from Wisteria Restaurant's menu when booking. Mains: Beer-battered flathead, chips & salad; Sausage & mash, onion gravy, crispy onion rings; Pumpkin & goats cheese ravioli with pine nuts, currants & pecorino. Desserts: Coffee crème brulee, almond biscotti, choc-covered coffee beans or Sticky toffee pudding, salted caramel & vanilla bean ice-cream. Barista tea/coffee. **Book and pay by 27th July. No refunds.**



Home pickups

\$75 per person • \$145 per couple

Transport + lunch included

SATURDAY 8 AUGUST

'Holy Days' — New Release Movie



After a delicious brunch at The Runaway Spoon (your choice and cost), settle in for Roseville Cinema's latest release: 'Holy Days'. With a stellar cast of Jackie Weaver, Judy Davis and Miriam Margolyes, this movie is hailed as "a joyful comedy packed with heart, humour and high-speed hijinks". **Saturday cancellations must phone 0473 478 890.**



Home pickups

\$50 per person • \$95 per couple

Transport + movie included

MONDAY 3 AUGUST



Young at Heart: Barangaroo Walk & Lunch



Delight in this walking tour led by one of our volunteers, you'll be shown around the sights of Barangaroo at a leisurely pace. Lunch (your choice and cost) at the historic Lord Nelson Brewery Hotel will complete your outing. **Pickups: 8:15am HKCT Turramurra; 8:30am Willow Park, Hornsby; 8:45am Pennant Hills Library.**



No home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 7 AUGUST

Pasadena Restaurant



Beautiful Pittwater will be on show from this renowned restaurant. They are spoiling us with a special, including a main course and a drink. Please be ready with meal choice **when booking:** Beer-battered fish and chips; Roast chicken supreme with potato pavé, mushroom sauce, baby leeks (GF); or Green goddess gnocchi with goats curd. **Book and pay by 30th July. No refunds.**



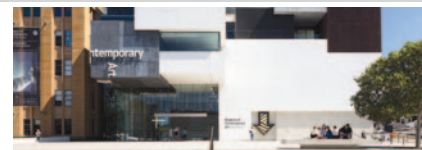
Home pickups: **Hornsby residents**

\$65 per person • \$125 per couple

Transport + lunch included

MONDAY 10 AUGUST

Museum of Contemporary Art



How about a visit to our only public museum dedicated to contemporary art to absorb art and ideas from Australia and beyond? Your entrance ticket accesses galleries and displays, excluding the current major exhibition. Visit the MCA Café (ground floor) for lunch or refreshments (your choice and cost). **Pickups: 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Lib.**



No home pickups

\$45 per person • \$85 per couple

Transport + ticket included

Key: To choose outings best suited for you, please look for these icons:



TUESDAY 11 AUGUST

Drummoyne Sailing Club



An ever popular venue, this open, relaxed space offers great food and one of Sydney's best waterfront locations. Specials include fresh seasonal produce for favourites, including seafood and steaks, plus a mouth-watering array of gelato and desserts (your choice and cost).



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 14 AUGUST

Pasadena Restaurant



Beautiful Pittwater will be on show from this renowned restaurant. They are spoiling us with a special, including a main course and a drink. Please be ready with meal choice **when booking:** Beer-battered fish and chips; Roast chicken supreme with potato pavé, mushroom sauce, baby leeks (GF); or Green goddess gnocchi with goats curd. **Book and pay by 7th August. No refunds.**



Home pickups: **Ku-ring-gai residents**

\$65 per person • \$125 per couple

Transport + lunch included

SATURDAY 15 AUGUST

Orchid Fair & Terrey Hills Tavern



An annual favourite, this exhibition offers rare and exquisite orchids. It is your chance to view the prize winners — and even buy one for yourself. Then it's a short drive to Terrey Hills Tavern for bistro favourites (your choice and cost). **Saturday cancellations must phone 0473 478 890.**



Home pickups

\$45 per person • \$85 per couple

Transport + entry included

MONDAY 17 AUGUST

Warragamba Dam



Marvel at an engineering masterpiece nestled in bush-land. Viewing platforms and a visitor centre will help you learn the dam's history and it's vital role in our water supply. There'll be a coffee stop and, later, a hot lunch at The Spillway Bistro, Warragamba Workers & Sporting Club (your cost and choice). **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Library.



No home pickups

\$45 per person • \$85 per couple

Transport only

TUESDAY 18 AUGUST

The Vicar, Dural



Reserve your seat now in The Bistro and look forward to a lunch of fresh, locally sourced ingredients in generous, flavour-driven dishes (your choice and cost). This is a venue favoured by both locals and visitors, so come along with us to discover why it's a regular on our lunch list.



Home pickups

\$25 per person • \$45 per couple

Transport only

FRIDAY 21 AUGUST

Limited: Sydney Opera House Tour and Lunch



This is a rare opportunity for an accessible (1-hour, step-free) tour of this renowned architectural and cultural marvel. It is one of the world's premier performing arts centres, staging 2,000+ shows annually. **Places are strictly limited, book* by 4 August. No refunds.** Lunch at Norths Cammeray will follow (own choice and cost). *Min. 15 required to run the tour.



Home pickups

\$65 per person • \$125 per couple

Transport + tour included



Blokes On Board: relaxed, group outings that focus on men keeping in touch with mates or making new ones



Young at Heart: these outings suit clients who enjoy longer days and being active—even a bit adventurous

MONDAY 24 AUGUST

Taronga Zoo



What fun is the zoo! There is an 11am seal show and a 12pm bird talk. Visit the new Rhino Reserve and then jump onto the train should your legs tire (\$5 for non-zoo members). Grab lunch at an on-site café (your choice and cost). Remember: it's a cashless venue so do bring a card. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Park, Hornsby; 8:45 Pennant Hills Library.



No home pickups

\$65 per person • \$125 per couple

Transport + zoo entry included

THURSDAY 27 AUGUST



Blokes On Board: Museum of Fire



Enjoy a trip to Penrith for a guided tour of this museum devoted to Australian firefighting, complete with heritage-listed, former operating fire service vehicles dating from 1841 to 1998. Afterwards, we'll take you for lunch at Penrith Panthers, so bring your Seniors Card for an \$18 seniors' meal, including roast of the day, sausages & mash or other menu offering (your choice and cost).



Home pickups

\$50 per person

Transport + tour included

MONDAY 31 AUGUST

Stanwell Tops & Sea Cliff Bridge



Explore the rugged coastline south of Sydney and drive over this striking bridge and see why hang gliders favour Stanwell Tops! Lunch at the Headlands Hotel, choosing from the \$20 Seniors Menu (your choice + cost): fish, a quarter chicken, cheeseburger, panko chicken schnitzel or salt & pepper squid — all with chips and salad. **Pickups:** 8:15 HKCT Turramurra; 8:30 Willow Pk., Hornsby; 8:45 Pennant Hills Library.



No home pickups

\$45 per person • \$85 per couple

Transport only

TUESDAY 25 AUGUST

Yarra Bay Sailing Club



A favourite near La Perouse, enjoy lunch overlooking the beach. 'CSalt on the Beach' has an affordable two-course menu. **Please have your choice ready when booking:** Beer-battered or grilled fish, chips & salad; Crumbed calamari, chips & salad; Chicken schnitzel, chips & salad; Penne boscaiola; or Beef burger with chips. Followed by dessert of the day, with tea and coffee. **Book & pay by 18 August. No refunds.**



Home pickups

\$50 per person • \$95 per couple

Transport + lunch included

FRIDAY 28 AUGUST

The Palms Nursery



Half-day Outing: This stunning venue is a must! On arrival relax with a coffee and a treat from the Coffee Bar. Roam through this beautiful nursery and browse the homewares during our 1.5 hour stay before we head home. **There are loose pebble walkways so this outing may not suit everyone.**



Home pickups

\$25 per person • \$45 per couple

Transport only

Gentle Exercise Program

Feeling and Moving Better

KRG Council has a dementia-friendly exercise program — and carers are welcome, without cost, to join in the fun. Try a class for free and then celebrate in a café nearby.

Best of all: HKCT can get you to and from the classes (within the Ku-ring-gai and Hornsby LGA areas), even if you are not registered with My Aged Care.

Fridays: 11am–Midday
\$60 for 5 weeks • First class is free
Book your class with Ku-ring-gai Council 9424 0000.

And then your transport with us: 9983 1611.



Key: To choose outings best suited for you, please look for these icons:



Some stairs



Some walking



Considerable walking



Uneven ground



Longer day



Suitable for wheelchairs



Suitable for walkers



Unsuitable for wheelchairs



Unsuitable for walkers



Young at Heart

Outings that go longer, further

Join us for a walk along the **Barangaroo foreshore**, a veritable cityside oasis. Its well-paved paths, running from King Street Wharf to Barangaroo Reserve, are ideal for a relaxing stroll with one of our volunteers.

And when it's time for a breather, enjoy a lunch at the The Lord Nelson, Sydney's oldest continually-licensed hotel. See overleaf (3 August) or call us to find out more.



Blokes On Board

Meet up with or make new mates

Retirement, loss of a partner, health changes and reduced driving can quietly shrink a man's world.

Recognising that many men bond side-by-side through shared activities, Blokes On Board (BOB) offers outings designed around men's interests.

Join our Blokes on Board outing to the **Museum of Fire** (see overleaf: 27 August) or call to learn more.

Meet the staff

PETER
Business Manager

I joined the team recently and have found everyone incredibly friendly and welcoming. Having spent three years working from home, I've appreciated the collaborative office environment.

Moving from Geelong in search of warmer weather, we are loving the change. Our two beautiful daughters are 6 and 9. My eldest has Kabuki syndrome and was one of the faces of Jeans for Genes Day last year, so keep an eye out in August and please don your jeans for a great cause. Outside of work, I enjoy camping with my family and squeezing in a game of disc golf when possible.



HKCT Social Shopping Sojourns: door-to-door return • one hour shopping for just \$10/15

Centre	Drop-off/Pickup	For residents of
Turramurra IGA <i>Mondays</i>	10am / 11am	East Gordon, North Wahroonga, Pymble, West Pymble, Turramurra Wahroonga, South Turramurra
East Lindfield Shops <i>Mondays</i>	1pm / 2pm	East Killara, East Lindfield, Lindfield, Roseville, Roseville Chase
Westleigh Village <i>Tuesdays</i>	10am / 11am	Normanhurst, Pennant Hills, Thornleigh, Westleigh
Thornleigh Marketplace <i>Tuesdays</i>	1:30pm / 2:30pm	Beecroft, Normanhurst, Pennant Hills, Thornleigh, Westleigh

HKCT Comprehensive Shopping: door-to-door return • two to three hours shopping for just \$15/\$25

Aldi Mt Ku-ring-gai & Berowra Village <i>Mondays</i>	1:30pm / 3:15pm	Berowra, Berowra Heights, Mount Colah, Mount Ku-ring-gai
Carlingford Court <i>Wednesdays</i>	10:30am / 1pm	Beecroft, Cheltenham, Epping, Pennant Hills
St Ives Village <i>Wednesdays</i>	10am / 1pm 11am / 2pm	East Gordon, Gordon, Killara, Turramurra, Pymble, West Pymble Turramurra, Pymble, St Ives, St Ives Chase
Macquarie Centre <i>Wednesdays</i>	11am / 2pm 11am / 2pm	<i>5 August</i> Gordon, Killara, Lindfield, North Wahroonga, Pymble Roseville, Turramurra, Wahroonga, Warrawee <i>12 August</i> Beecroft, Cheltenham, Epping, North Epping Normanhurst, Pennant Hills, Thornleigh, Westleigh
Gordon Shops <i>Thursdays</i>	10am / 12 midday	East Gordon, East Killara, East Lindfield, Gordon, Killara, Pymble Lindfield, Roseville, Roseville Chase, West Pymble
St Ives Village <i>Thursdays</i>	10am / 12 midday 11am / 1pm	East Gordon, Gordon, Pymble, Killara, St Ives North Turramurra, Turramurra, St Ives Chase, Pymble, St Ives
Hornsby Westfield <i>Thursdays</i>	10am / 1pm 11am / 2pm	Normanhurst, North Wahroonga, Thornleigh, Wahroonga, Waitara Hornsby, Hornsby Heights
Cherrybrook Shops <i>Fridays</i>	9:30am / 11:30am 11am / 1pm	Cherrybrook, West Pennant Hills Arcadia, Castle Hill, Dural, Fiddletown, Galston, Middle Dural
Hornsby Westfield <i>Fridays</i>	10am / 1pm	Asquith, Berowra, Berowra Heights, Brooklyn, Cowan, Hornsby Heights Mount Colah, Mount Ku-ring-gai, Normanhurst, North Wahroonga Turramurra, Wahroonga, Waitara, Warrawee

Prices are applicable only to CHSP-eligible clients of HKCT. Other client prices available upon request. Correct as of August 2026.